

2016/2017- FALL/WINTER PROGRAM

NORWOOD RECREATION

REGISTRATION BEGINS AUGUST 22ND

FIREWORKS - FRIDAY, SEPTEMBER 9TH

NORWOOD DAY- SATURDAY, SEPTEMBER 10TH

Letter from the Staff:

The Norwood Recreation Department is pleased to present the Fall and Winter Program Guide and Community Calendar.

The programs offered are designed to include people of all ages and abilities. Please let us know if you are interested in a class that is not offered, as we are always striving to introduce new classes and programs. If you have a talent you would like to share, please request an Instructor Proposal Form along with an application for employment.

Thank you for participating in the program at the Norwood Recreation Department.

When Can I Register?

Registration is on a first-come, first-served basis and can be done online at www.norwoodma.gov or in person. Registrations is as follows:

Registration will begin on Monday August 22nd.

Please see class description for specific start dates & times.

Specific forms and deadlines can be found online with information for that individual program.

Non-residents may join designated classes at the Norwood Recreation Department. Non-residents may register at an additional fee one week prior to class for only classes that state non-resident rates.

Will I be sent a confirmation?

We do not send or call to confirm registrations. Consider your registration accepted and report to your class unless the Department notifies you of a cancellation. You are responsible to attend programs that you registered for. The Norwood Recreation Department does not give refunds/credits for someone failing to attend a class in which he/she is registered.

Do I need to sign a photo release?

The Department reserves the right to photograph/film program participants for publicity purposes. Smile! You just may be on the cover of the Program Guide.

What happens if a class fills?

Should programs become filled, you can be placed on a waiting list. We will try to offer additional spots whenever possible. People will be contacted as soon as a spot opens and will be given a time period in which they have to come in and register in person.

What happens if an individual class is cancelled?

Every attempt will be made to reschedule a class that has been cancelled for inclement weather, instructor absence or holiday. We are not responsible for making up classes that are missed due to the participant's inability to attend, and refunds/credits are not given for lack of attendance.

What happens if my child is sick?

We follow the same procedures as the school system. We would appreciate it if you keep your child home and fever free for 24 hours as to not make others ill!

Can I drop out of a class and request a refund?

You may request a full refund if a program is cancelled, or you withdraw from a class **one week prior** to the start of the program.

If you request to withdraw from a class after that, you are **not** eligible for a refund UNLESS your spot can be filled by someone on the waitlist prior to the start of the class.

Refunds will be processed immediately upon request and will take 3-4 weeks to get a **check mailed** from the town.

How do I reserve an athletic field?

All groups requesting to use an athletic field must complete a Field Permit Request Form. Any questions regarding field usage and availability, please contact Howard Weinstein at 781.762.0466 or email hweinstein@norwoodma.gov.

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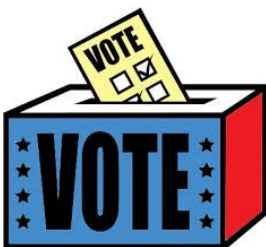
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Recreation Department Staff

Gerald Miller	Superintendent of Recreation gmiller@norwoodma.gov
Travis Farley	Recreation Program Director tfarley@norwoodma.gov
Howard Weinstein	Recreation Administrator hweinstein@norwoodma.gov
Lee Kennedy	Administrative Assistant lkennedy@norwoodma.gov
Mike Halpin	Maintenance/Craftsman mhalpin@norwoodma.gov
Mark Brown	Senior Custodian

Town Elections

The gym will be closed at 1:00pm the day before each scheduled election to allow for set up. If elections fall on a Monday, the gymnasium will close the Friday prior at 1:00pm. The gym will be closed this year scheduled on Monday, November 7th—Tuesday, November 8th.

**Norwood Recreation Contact Information****Office Location and Mailing Address:**

165 Nahatan Street Norwood, MA 02062

Office Information

Phone: 781.762.0466

Fax: 781.769.6254 or 781.278.3037

Website: www.norwoodma.gov

Office Hours:**September –mid-May:**

Monday Through Friday: 6:00am-9:45pm

Saturday (starts 10/15 to mid-May) : 8:00am-4:45pm

Mid-May through Mid-September:

Monday Through Friday 6:00am-6:45pm

Saturday Closed

Facebook:

"Like" the Norwood Recreation Department on Facebook for updated information.

Recreation Program Closures

September 5th	Labor Day
October 10th	Columbus Day
November 11th	Veterans Day
November 24th	Thanksgiving
December 24th	Christmas Eve, Civic Closed
December 25th	Christmas Day, Civic Closed
December 31st	New Years Eve, Civic Closed
January 1st	New Years Day, Civic Closed
January 16th	Martin Luther King Day
February 20th	Presidents Day
April 14th	Good Friday , 6am—4pm

Norwood Recreation Department is a proud member of:

National Recreation & Park Association
Massachusetts Recreation & Park Association
American Park & Recreation Association
Metro West Regional Group

The Town of Norwood prohibits the use of alcohol or drugs while involved in town programs or on town premises. Anyone in violation is subject to disciplinary action, from warning to letter of disinvite.



Membership Rates

Norwood Residents Only

Proper photo ID and proof of residency is required at time of purchase.

	Adult	Family
1 Month	\$15.00	
3 Months	\$40.00	
6 Months	\$75.00	
1 Year	\$145.00	\$200.00
1 Mo MbrshipFit Combo	\$35.00	
3 Mo Mbrship FitCombo	\$80.00	
6 Mo Mbrship FitCombo	\$135.00	
1 Year Mbrship FitCombo	\$240.00	

Family membership is defined as two adults over the age of 21 plus children who live in the household, under the age of 21.

Each individual will be issued a KEY FOB once you purchase a membership. Each time you enter the facility, you must swipe your card under the bar code reader at the front office. Lost cards result in a \$5

Daily Charge

If you wish to use the facility, fitness area or basketball courts, you must pay a daily fee if you don't have a membership. **Day pass key FOBs will be issued with proper photo ID and proof of residency. If you've been issued a FOB and cannot locate it, a replacement card will be issued for \$5.**

	<u>Norwood</u>	<u>Westwood</u>
Seniors (ages 62+):	Free	\$1.00
Adults:	\$5.00	\$6.00
College	\$1.00	\$2.00
(Must have valid FT college ID)		
Youth (Grades K-12):	\$0.50	\$1.00

Age/Dress Regulations

Must be at least 16 years of age, unless supervised by parent/guardian, and be dressed in proper fitness attire. No street clothes are permitted in the facility.

Participant's Code of Conduct

Equal Access: No participant shall, on the basis of race, creed, national origin, or disability be denied access to programs, activities, services or benefits, or be limited in the exercise of any right, privilege, advantage or opportunity.

Behavior: Participants are expected to exhibit appropriate behavior at all times. The following guidelines have been developed to make Recreation Department programs safe and enjoyable for all participants. Additional rules may be developed for particular programs as deemed necessary by staff.

Participants Shall: Show respect to all participants, volunteers and staff. Refrain from foul language. Refrain from causing bodily harm to other participants, volunteers and/or staff. Show respect for all equipment, supplies and facilities.

Discipline: A positive approach will be used when determining disciplinary action. The Norwood Recreation Department reserves the right to dismiss a participant. Each situation will be evaluated on its own merit.

3,000 SQ. FT. CO-ED FITNESS AREA

30 free weight stations

High/low lat machine	Decline/Incline Bench
Preacher curls	Dip bars
Roman chair	Squat rack
Exercise balls	Medicine balls
Smith machine	Multiple flat benches
Standing leg curl	Glute master
Leg press	Bench Leg sleds
Olympic plates =3,000 lbs	
50 Dumbbell sets 3 lbs-120 lbs	

Cardio Equipment Includes:

2 Rowers	2 Steppers
2 Recumbent bikes	7 Treadmills
4 Cross trainers	2 Upright bikes
13 Fitness stations	4 Elliptical machines

GROUND FLOOR

Welcome to the Norwood Civic Center, home of the Norwood Recreation Department. We are a full service Community Center, with much to offer. Our main office is located on the ground floor of 165 Nahatan Street. Here, you can enroll in a program, rent a meeting room, obtain field permits, purchase pool passes and gym memberships, and more. The ground floor also houses offices, meeting rooms, men's/women's locker rooms with sauna and showers, our workout facility, and multipurpose fitness and exercise room.

FIRST FLOOR

Our main attraction here is the gymnasium that houses many programs. In our gym, we offer activities such as basketball, floor hockey, art classes, special programs, and so much more. The first floor also has meeting rooms with a capacity of 45 people, a fully- equipped kitchen, and a full service arts and crafts room. Many of our programs and community meetings happen here.

SECOND FLOOR

The second floor is home to the School of Dance, with a studio and parents' room. It also serves as a space for Zumba. Also located on this level is the dedicated Lydon Suite in honor of Anne and Dr. Roy Lydon, where many programs and groups meet.



OPEN GYM

Stop by and shoot some hoops. Schedule varies with programs and building hours. Please pick up a basketball gym schedule at the Civic. Youth in elementary school need to be accompanied by adult. Entrance fee is \$0.50 per youth.

You must bring a valid Norwood School ID so we can issue a youth day pass key FOB, which you will then need to bring each time you come to the Civic. Key FOB is free, but if you lose it, it will cost \$5 to get a new one! **Must bring FOB or you won't be let in to use the facility.**

Learn about upcoming classes, special events, cancellations and more. **"LIKE"** the Norwood Recreation Department on Facebook and receive current information about what is going on.



Have a talent? We are always trying to improve our offerings. The Recreation Department is looking for instructors to share their talents. Come to the Civic and complete an employment application and course proposal form.

Who knows? Your class may be featured in the next Program Guide!

NORWOOD RECREATION DEPARTMENT MISSION STATEMENT

The mission of the Norwood Recreation Department is to provide a variety of programs, activities and events that enhance the quality of life and promote the physical, mental, and social well being of each individual served.



NORWOOD DAY FIREWORKS!

Friday, September 9th

Coakley Middle School

Festivities begin at 6:30 p.m.



DJ & Roaming Railroad will be on hand for your enjoyment before
Fireworks start.

Entertainment partially sponsored by:



The spirit of Norwood is the volunteerism and activities that enhance the quality of life for its residents. Norwood Day is an opportunity to celebrate these ideas and values.

SATURDAY, SEPTEMBER 10th

NORWOOD DAY!

DOWNTOWN FESTIVAL & CELEBRATION: 9:30am-3:00pm

Enjoy: Live local entertainment, games, prizes, crafters, food,
sidewalk sales, business groups and town department displays!

**NORWOOD DAY BUTTONS \$3.00 in advance or
PURCHASE THE BUTTON ON SEPTEMBER 10th: \$5.00**

Buttons are available for purchase from any committee member or at the Civic Center. This will help support activities and allow free food tasting, kiddie rides, rock climbing, big daddy racing, Games2Uvan & more!



Sponsored by Norwood Bank, Comcast, Chestnut Hill Realty, Lustra

5th Annual Halloween Trunk or Treat SP01

Decorate your cars, bring candy to hand out, and park in the Municipal Lot for Norwood's Trunk or Treat. Spots are limited, so register your vehicle by October 21st. Children in the community are welcome to go vehicle to vehicle in their costumes to TRUNK OR TREAT! Can't participate? Donations of wrapped candy are welcome for this event. Vehicles are welcome to enter the lot from 3:00-4:00pm to set up.

Saturday, October 29th
4:00-5:00pm FREE!



Middle School Dances SP02

Dance the night away with friends to the latest music! Soft drinks available for purchase through Norwood High School S.A.D.D. **NORWOOD ID must be presented at door to enter!**

Friday, October 28th Halloween Costume Dance

Friday, December 16th Holiday Dance

Friday, February 3rd Valentine's Dance

7:00-9:30pm

Fee: **\$5.00 per person**, one time admittance only

7th Annual Father-Daughter Dance SP03

Ages: All **Civic Gymnasium**

Dance the night away at the Civic Center. Calling all dads, uncles, grandpas and more...



bring your special one for a magical evening. This semi-formal event will be a great time for all to enjoy. Pictures will be captured in

our photo booth! Tickets for your scrap book can be picked up starting on January 16th

Friday, February 10th

6:30-8:30pm

Fee: \$15.00/ couple (1 adult, 1 child)

\$5.00 each additional person

HOLIDAY EXTRAVAGANZA

**Hay Rides ~ Entertainment ~ Arts & Crafts ~
Parade~ Tree Lighting on the Common &
Walter J. Dempsey Memorial Bandstand**
(Veterans of Foreign Wars Square)

Sunday, November 27th 1:30-4:30pm

FREE!

1:30pm-3:30pm

Face Painting ~ Holiday Crafts ~ by the
Norwood High School Spirit Club & Civic Staff
at Norwood Recreation Department.

2:00-4:00 PM

Horse-Drawn Hayrides
Barnyard Animals

2:00-3:00 PM

Local Musical Choirs

3:00 PM

Reading of "How the Grinch Stole Christmas"
with Linda Rau

3:20 PM

Reading of "Twas the Night Before Christmas"
by Selectwoman Helen Abdallah Donohue

3:35 PM

Parade leaving Guild Square to Town Common

3:45 PM

Santa and Mrs. Claus turn on Holiday Lights at
Town Common

*Event calendar subject to change, depending
on weather.



Family Fun Night SP05

Family Feud Night

Has your family has always wanted to participate in Family Feud? Well now you can! Come to the Community Center with a team up to 6 and be speedy with the buzzer and quick thinker! Entrance fee covers prizes for the night. "Walk-ins" are welcome, but pre-registration is required to be guaranteed participation in this event.

Friday, November 4th

6:30pm-8:30pm

Fee: \$10/Family

Location: Civic Center

Hello Baby

Do you or a friend want to announce a new special edition to your family? The Norwood Recreation Department has a special stork to display in your front yard. Comes in blue or pink. Fee: \$10, once you return the stork within three days, you will receive \$5 back.

Moms & Tots

The Norwood Moms & Tots Cooperative is a playgroup for children ages 1-5, as well as an informal support group for parents. The group meets for an hour and a half at the Norwood Civic Center from September through June on weekday mornings. Members choose which day during the week they want to attend. The cost is \$75 per year. You can register online at www.bigtent.com/norwoodtots. If you would like more information, please contact Katie Neal-Rizzo at momsandtots.norwood@gmail.com.

CPR

OD64

Ages: 12+

Lydon Room

Learn the life-saving skills of CPR and the Heimlich Maneuver to treat adults, children, or infants suffering from sudden cardiac arrest, heart attack, stroke, choking, or other serious illness or injury.

Wednesday, October 19th

6:00-9:30pm

Fee: Res: \$45.00 NR: \$55.00

Min/Max: 5/12

First Aid

OD65

Ages: 12+

Lydon Room

The goal of this course is to emphasize the importance of accident prevention, the need for first aid training, and appropriate first aid skills to utilize in case of an emergency.

Wednesday, October 26th

6:00-9:30pm

Fee: Res: \$45.00 NR: \$55.00

Min/Max: 5/12



B.L.A.S.T.

(Babysitter Lessons and Safety Training)

Ages 11-13 years

Lydon Room

An American Academy of Pediatrics course that covers how to handle the basics of infant and childcare, how to react responsibly to medical emergencies and injuries, perform first aid for common childhood injuries and illnesses, and set up and run your own babysitting business. Please bring a snack and a drink. Instructed by Juanita Allen.

Monday, October 24th BL10

Friday, November 18th BL20

Friday, March 10th BL30

1:00-4:00pm

Fee: Res: \$48.00 NR: \$58.00

Min/Max: 8/20

Home Alone Safety



Ages 9-11 years

Lydon Room

Children will learn telephone and door answering techniques, internet safety, accident and fire protection and first aid techniques. We'll also talk about how to manage your time when you're home alone for short periods of time. The class includes a variety of teaching methods, including a video and role playing. Please bring a snack and a drink. Instructed by Juanita Allen.

Monday, October 24th HA01

Friday, November 18th HA02

Friday, March 10th HA03

4:00pm-6:00pm

Fee: Res: \$40.00 NR: \$50.00

Min/Max: 8/20

Parent/Child Fantasy Football



All Ages

Civic Center

Fantasy Football Season is approaching! Join forces with your son or daughter to come up with the most dominant fantasy team in Norwood. This is a chance to talk smack to some neighborhood teams!

Space limited to the first 12 teams (24 total participants). Must create a yahoo account before attending the draft!

Tuesday, August 30th, 6pm FF01

Fee: \$15 team entry (pays for draft board, championship trophy, pizza and drinks)

Halloween Pumpkinfest HS28**Ages: All****Willett Room**

Decorate your pumpkin with hair, feathers, hats, glitter glue and more. All materials provided and staff available to give a hand. Fun for all ages.

Thursday, October 27th

3:30-5:00pm

Fee: Res: \$5.00 NR: \$10.00

Monster Cupcake Decoration HS29**Ages: All****Willett Room**

Come join the Recreation Department to decorate cupcakes with swirly eyes and spooky teeth, these monster cupcakes will be goulishly good.

Thursday, October 20th

3:30pm-4:30pm

Fee: Res: \$5.00 NR: \$10.00

Halloween Spooktacular**HS23****Ages: 3-8 years****Civic Gymnasium**

Join us for games, dancing, crafts, refreshments and more at the Halloween Spooktacular. We will have a costume parade, so dress up and join us for a fun-filled family day!

Friday, October 21st

6:00-7:30pm

Fee: Res: \$5.00 NR: \$10.00

**NEW Dory Party****Ages: 3-5 years****DO12****Art Room**

You will think you've arrived in the ocean when you come to this **Finding Dory** party, complete with snacks and ocean crafts. Instructed by Marie Kidd.

Monday, September 26th

9:30am-11:00am

Fee: Res: \$10.00 NR: \$15.00

Min/Max: 6/12

**Halloween & Christmas****Decorating**

Help spread the holiday cheer and decorate your home for the holidays! Judging will take place three days before the holiday. Prizes will be provided by Friends of Norwood Center! Please contact the Recreation Department at (781) 762-0466 or tfarley@norwoodma.gov to register!

Halloween Costume Swap**Ages: Infant-8 years****Room 12**

Have yourself a GREEN Halloween and bring your gently worn Halloween Costume to the Norwood Recreation Department on or before October 21st. Come back to the Willett Room on October 22nd and see if you can find a new costume for your child this Halloween season. All unclaimed, remaining costumes get donated to Boston Children's Hospital.

Thursday, October 20th 3:30-5:00pm **FREE!****NEW Lego Workshops****Ages 7-10 years****Willett Room**

This class will help foster individual creativity, imagination, teamwork, negotiation, and pure childhood enjoyment! Each workshop you will go home with a framed photo of you and your LEGO creation to show friends and family what you designed and built! Each workshop will have its own theme! Please send your child with a nut-free snack and drink. Instructor will be Play-Well.

Monday, September 19th—Minecraft LE02**Monday, October 3rd—Star Wars LE03**

2:45pm-5:45pm

Fee: \$50 per person

Min/Max: 10/15

Class minimums must be met 72 hours prior to the date of the class in order for the program to be held!

Parents' Night Out**Grades: 1-5****Civic Gymnasium**

Parents can go out for an evening while Playcamp and Civic staff watch the kids. Participation in large group games, crafts, BINGO and more. Additional paperwork is required prior to attending program. Register quickly, as space is limited to the first 40 children who register. Pizza dinner and juice provided. **Food cannot be guaranteed for those who register after 4pm the day of the event.**

*Children must be in grades 1-5 to participate.***Friday, November 18th PNo1**

6:00-9:00pm

Friday, December 9th PNo2

6:00-9:00pm Holiday Movie Night

Friday, January 27th PNo3

6:00-9:00pm

Friday, March 10th PNo4

6:00-9:00pm

Fee: \$10.00/child per night

Min/Max: 20/40

BEHN BASKETBALL CLINIC**BB10****Grades 1-5****Civic Gymnasium**

This camp is a great opportunity for boys and girls of all skill levels to improve their basketball skills and gain confidence. Players will be divided by gender and age. Players will learn shooting technique, ball handling, passing, rebounding, boxing out, offensive skills, defensive skills and team play. **Must register at least one week in advance.**

Tuesday, December 27th

9:00am-12:00pm

Res: \$25.00 NR: \$35.00

Min/Max: 10/30

**Gobble Gobble Yum Yum****GGo1****Grades K+****Art Room**

Come join the Recreation department and create some treats for your family for Thanksgiving. We will provide the materials and you create a treat your family will enjoy on the holiday!

Tuesday, November 22nd

3:30pm-5:30pm

Res: \$10.00 NR: \$15.00

Min/Max: 10/30

Holiday Cookie Decorating**Ages: 3-10 years****Art Room**

Frost and decorate holiday sugar cookies. You come and we provide all the fixins'. Leave the mess and clean up to us! Instructed by Mary Taggart.

Tuesday, December 6th3:30-4:30pm **OH81**4:30-5:30pm **OH82**

Fee: Res: \$10.00/person NR: \$15.00/person

Min/Max: 5/12

**Gingerbread House Decorating OH84****Ages: 3-10 years****Willett Room**

Come to the Civic and decorate your very own gingerbread house with all the fixings. We provide the kit and you provide the creativity! Instructed by Mary Taggart and Marie Kidd.

Thursday, December 15th3:30-4:15pm **OH84**4:30-5:15pm **OH845**

Fee: Res: \$10.00/person NR: \$15.00/person

Min/Max: 6/20

**Christmas Ornament Workshop OD88****Ages: 6-10 years****Art Room**

Time to decorate the tree! Create colorful ornaments out of a variety of materials.

Thursday, December 22nd

3:30-5:00pm

Fee: Res: \$15.00/person NR: \$20.00/person

Min/Max: 6/12

NEW **ABC's of College Admissions** **ED01**
Ages 18+ Willett Room

This presentation will explain the college exploration and admission process. It will include an overview of the college planning timeline, criteria for applying, financial aid, finding the right match for your student, and other intricacies of the college planning process. Kristen McDonnell, the Head of Guidance at Norwood High School, is presenting this material and will be able to answer any questions that you may have. Pre-registration is required.

Tuesday, November 8th

6:00pm-8:30pm

Fee: Free

NEW **Pre-Engineering**
Grades K-2 Willett Room

Let your imagination run wild with tens of thousands of LEGO®! Build engineer-designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor. This is an ideal way to prepare young builders for the challenge of Engineering FUNDamentals.

Thursday, November 10th LE04

Thursday, January 12th LE05

3:00pm-4:30pm

Fee: \$25

NEW **Family Fun Night** **SP04**
Family Bingo Night!!

Bring your friends and family over for a great night of BINGO at the Civic Center! Entrance fee includes all your playing needs and goes towards prizes during the night. "Walk-Ins" are welcome but pre-registration is required to be guaranteed participation. All children MUST be accompanied by adult!

Friday, January 20th

6:30pm-8:30pm

Fee: \$10/Family

Location: Civic Center

NEW **Pretty in Pink**
All Ages

Come make a special treat for your valentine! This program will provide you with everything you should need to make something sweet for your loved one on this special day.

Monday, February 13th

3:00pm-4:00pm

Fee: Res: \$5.00 NR: \$10.00

Laser Tag **LZ10**
Ages 7-12 Civic Gym

Laser Tag is an exciting combination of tag and hide & seek with a little Star Trek thrown in for good measure. Players compete in teams to find and tag their opponents using high-tech infrared beams. Obstacles on the battlefield create opportunities to hide and ambush opponents. With a little bit of strategy, some quick wits (and even quicker reflexes) your team will emerge victorious.

Thursday, February 23rd

7:00pm-8:00pm

Fee: \$15 per person

FLEECE THROW WORKSHOP

Ages 7-10 years Willett Room

Create your very own fleece blanket from start to finish. All materials will be provided. Must register one week in advance.

Wednesday, December 28th

FB20

Wednesday, February 15th

FB30

10:00am-12:30pm

Fee: Res: \$25/ NR: \$30

Min/Max: 6/10



Find us on:
facebook®

Extreme Gross Candy Workshop**XC10****Ages: 7-10****Kitchen**

Make candy bugs, slime and more... all out of candy! This hands-on workshop will be a blast! Must register at least one week in advance to ensure adequate materials are on hand. Instructed by Mary Taggart.

Tuesday, February 21st

10:00am-12:00pm

Fee: Res: \$15.00/child NR: \$25.00/child

Min/Max: 6/10

**Toe Jam Puppet Band****OD45****Ages: All****Civic Gymnasium**

Toe Jam delivers super fabulous kids' music that grown-ups can enjoy too! Big kids, Tom and Vinny, bring smiles with their unique combination of interactive games and songs. Great one-time hit for all ages! Program will be held at Civic Gym.

Friday, February 17th

11:00am-12:00pm

Fee: \$5 per person

**F.A.S.T. Athletic Vacation Sports Clinic****FA10****Ages: 6-10****Civic Gymnasium**

Enroll in half-day sports' programs led by F.A.S.T. Athletics Sports staff. Learn fundamentals of sports while having fun with friends.

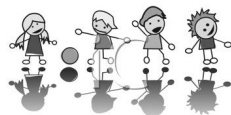
** Please note, no refunds will be given after February 5th, as a final roster is due to F.A.S.T. Athletics at that time.*

Tuesday-Thursday**February 21st-23rd**

9:00am-12:00pm

Fee: Res: \$75.00/child NR: \$95.00/child

Min/Max: 10/30

**Buy, Sell or Hold?****LE10**

Should I consider selling my home to move or retire; am I under water? Find out how to sell your home in today's market. What are the alternatives? Receive a Free Home Seller's Handbook, chock full of information including: How to Make the Move Easy for the Kids, How to Sell your House for Top Dollar Fast!, Help Answer the Question-Am I Ready to Sell My Home?, How to Choose the Right Real Estate Consultant. Course lead by Cameron Real Estate Group and Village Mortgage professionals. Must register one week in advance.

Tuesday, February 21st

7:00-9:00pm

Res: FREE NR: \$5.00

Min/Max: 5/35

Home Buying Seminar**LE20****Ages: Adult****Willett Room**

Learn how to buy a home in today's market while avoiding the five dumbest mistakes that smart people make. Receive a Free Homebuyer's Handbook, with information including; understanding your credit score; what lenders are looking for when approving you for a home loan; information on how to buy a home with zero down payment; how to get pre-approved to buy a home that you can afford; help answer the question, "am I ready to buy a home?", and how to choose the right real estate/mortgage consultant. Course lead by Cameron Real Estate Group and Village Mortgage professionals. Must register one week in advance.

Tuesday, February 28th

7:00-9:00pm

Res: FREE NR: \$5.00

Min/Max: 5/35

**Irish Hot Potato****OH79****Grades: K+****Art Room**

Come join the Recreation Department and decorate your very potato with a St. Patrick Day theme. We will provide all of the supplies and the potato you would just need to provide the creativity.

Thursday, March 16th

3:30pm-5:30pm

Res: \$10 NR: \$15.00

Min/Max: 5/35

Preschool Prep**Ages: 2.5-3 years****Lydon/Art Room**

Get your child ready for preschool with this drop-off class that includes fitness, crafts, snack and stories. Get your errands done. ** Parents will need to return if a diaper needs to be changed. Instructed by Marie Kidd.

Tuesday, 9:15am-11:15amFall: 10 weeks , 9/13-11/15 **TW02**Fall Fee: Res: \$150.00 NR: \$160.00Winter Session I: 3 weeks , 11/29-12/13 **TW03**Winter Fee: Res: \$45.00 NR: \$55.00Winter Session II: 8 weeks , 1/3-2/28 **TW05**Winter Fee: Res: \$120.00 NR: \$130.00**Thursdays, 9:30am-10:30am**Fall: 10 weeks , 9/15-11/17 **TW01**Fall Fee: Res: \$75.00 NR: \$80.00Winter Session I: 3 weeks , 12/1-12/15 **TW04**Winter Fee: Res: \$25.00 NR: \$30.00Winter Session II: 8 weeks , 1/5-3/2 **TW06**Winter Fee: Res: \$60.00 NR: \$65.00

Min/Max: 5/7

Leaf Peepers**Ages: 3-5 years****Art Room**

Celebrate Fall with seasonal stories, apple stamping, painting with leaves and plenty of Halloween crafts. Instructed by Marie Kidd.

Wednesday, 10:00-10:45am TW12

Dates: 9/14-11/16, 10 weeks

Friday, 9:15am-10:00am TW14

Dates: 9/16-11/18

Res: \$75.00 NR: \$85.00

Min/Max: 6/12

Tot Karate**Ages: 3-4 years****Willett Room**

This popular program is now available for the younger ones, too! Great introduction to developing confidence and coordination while learning self-defense skills from a fifth-degree black-belt. Instructed by Excel Martial Arts.

Wednesday, 10:30-11:00am KT69**Wednesday, 11:00-11:30am KT61****Wednesday, 3:30-4:00pm KT60**

Fall: 10 weeks , 9/14-11/16

Fall Fee: Res: \$70.00 NR: \$80.00

Winter Session: 8 weeks , 1/4-3/1

Winter Fee: Res: \$64.00 NR: \$74.00

Min/Max: 6/10

Rockin' Tots**TW18****Ages: 3-6 years****Willett Room**

Little ones get to explore rhythm, tonal patterns, and harmony in a variety of musical styles. This class is similar to Tot Music, but strives to provide a variety of material to entertain siblings, babies and everyone in tow. Instructed by Joe Hart.

Mondays, 9:00-09:45am TW18

Fall: 10 weeks , 9/19-11/28

No class on 10/10/16

Fall Fee: Res: \$70.00 NR: \$80.00

Min/Max: 9/12

Mummy & Me UK Petite Soccer**Ages: 2-5 years****Civic Gymnasium**

Is your child ready to play soccer? A great way to socialize, build confidence, and learn ABC's of soccer: athleticism & agility, balance and coordination. Instructed by UK Petite Soccer. A shirt is included in registration fee. (Daddy's are welcome to participate).

Saturday 8:00-8:45am (3-5 year old) PK10**Saturday 9:00-09:30am (2 year old) PK11**

Fall Dates: 10/15-11/12, 5 week session

Winter Dates: 1/14-2/11/17

Fall/Winter Fee: Res: \$70.00 NR: \$80.00

Min/Max: 10/20

Icky, Sticky, Goopy, Art**TW25****Ages: 2-4 years****Art Room**

All the fun projects that you want your kids to do- just not in your house! We will paint with shaving cream, use fingerprints and handprints to paint, and even make homemade slime and play dough. Get ready to get messy! Instructed by Marie Kidd.

Wednesday, 9:00-9:45am

Fall: 10 weeks , 9/14-11/16

Fall Fee: Res: \$70.00 NR: \$80.00

Winter Session: 8 weeks , 1/4-3/1

Winter Fee: Res: \$120.00 NR: \$130.00

Min/Max: 6/12

Winter Wanderers**Ages: 3-5 years****Art Room**

Celebrate winter with snowflake crafts, Valentine's day, and crafts and stories to celebrate the season. Instructed by Marie Kidd .

Wednesday, 10:00-10:45am TW12

Dates: 1/4-3/1, 8weeks

Friday, 9:15am-10:00am TW14

Dates: 1/6-3/3, 8weeks

Winter Fee: Res: \$60.00 NR: \$70.00 Min/Max: 6/12

STEM EXPLORERS**TW24****Ages: 3-5 years****Art Room**

Math + Science = Fun! Stories, crafts and experiments will give little ones a hands-on lesson in counting, water movement, weather and much more while geo-boards will introduce basic shapes.

Friday, 10:15-11:00am

Fall Session: 9/16-11/18, 10 weeks

Fall Fee: Res: \$80.00 NR: \$90.00

Winter Session: 1/6-3/3, 8 weeks

Winter Fee: Res \$64.00 NR: \$74.00

Min/Max: 6/15

Tumble Tots**TW10****Age 4-5****10-10:45am**

Tumble Tots is an independent class focused on movement education and creative expression. Modified gymnastics apparatus is utilized to create a specially-designed program for preschool children. The classes are structured with new lesson plans every week, and also include theme weeks to make learning fun. Basic gymnastics is introduced in a fun, playful way with the help of music

Super Tumble**TW11****Age 5+****11-12pm**

Super Tumble Tots is an intermediate-level version of Tumble Tots. Students continue to build upon basic gymnastics skills to boost physical fitness and develop coordination. New weekly lesson plans create a structured learning environment, and theme weeks make learning gymnastics exciting and fun.

Tumblers Intermediate**TW16****Age 8+****12-1pm**

Prior gymnastic is needed. Tumbler Intermediate is for strong and athletic 8+ year old girls and boys who are interested in developmental gymnastics. The focus of this class is to increase flexibility, strength and learn to correct body positions.

1 hour Tumblers**TW15****Age 6-7****1:15-2pm**

Prior gymnastic knowledge is needed. Tumblers is an intermediate-level class that meets once a week for an hour. This class is a stepping stone program, emphasizing technique, flexibility, strength conditioning, skill development and form.

Fall Session: Saturdays, 10/15-12/17/16 (9 weeks)

No Class on November 26th

Fall Fee: Res: \$100 NR: \$110

Winter Session II: Saturdays, 1/7-2/25/17 (8 weeks)

Spring Session: Saturdays, 3/11-4/29/17 (8 weeks)

Winter/Spring Fee: \$80 per session

Location: Civic Center

Have a program idea? Share your talent with the Norwood Recreation Department. Next issue your class idea could be featured!

F.A.S.T. Athletics Mini Sports**FA30****Ages: 3-6 years****Civic Gymnasium**

This program is more of a combination of warm up games and sports such as soccer, kickball, wacky ball and basketball. It will ease children into learning the basics of all these great games as well as teaching them the importance of team work. Each class, F.A.S.T. Athletics will have new and exciting games planned for the students.

Wednesday, 4:45-5:45pm

Fall Session: 9/14-10/12, 5weeks

Fall Fee: Res: \$66.00 NR: \$76.00

Friday, 4:45-5:45pm

Winter Session: 1/13-2/10, 5 weeks

Winter Fee: Res \$66.00 NR: \$76.00

Min/Max: 6/15

Youth Field Hockey**FH01****Grades: 4-8th Grade****NHS**

Come join the fun of learning the game of field hockey: Fall 2016! Practices are held once a week from 5-6pm for all age groups (4th-8th grade) at the NHS High School Field Hockey Field.

Practices will consist of the following: individual skills, drills and small games. 7th and 8th graders will participate in a full schedule (6 games) season against other towns on Saturday mornings from 9:00am-10:00am. Each player is responsible for their travel to and from away game sites (Weston, Bellingham & Walpole).

4th, 5th and 6th graders will participate in a 2-3 game schedule – more information to come. Each player must provide their own equipment: stick, mouthguard, shinguards, goggles.

A complete practice & game schedule will be handed out the 1st day of Practice, Wednesday 8/31. Instructed by Allison Penza, Allison Doliner (current NHS coach) and current HS players.

Wednesdays, 5pm-6pm (practice)**Saturdays, 9-10am (Games for 7th & 8th Graders)**7th & 8th Grade Fee: Res: \$75.00/ NR: \$854th-6th Grade Fee: Res: \$65.00/ NR: \$75**Cross-Country****XC01****Grades: 1-8****Coakley Middle School**

Learn to run longer and stronger! Join All-American coaches Matt and Jill Kerr in a fun and fast-paced cross-country running environment. Young athletes will navigate running on grass, up and down hills, and continue to develop a wide range of dynamic skills to enhance speed, strength, coordination and endurance. There will be more emphasis placed on running, but athletes of all abilities will find suitable activities ranging from proper warm up techniques to coordinating exercises, as well as fun relays and games.

**Wednesdays, 4-5pm (Grades 1-4)****Wednesdays, 5-6pm (Grades 5-8)**

Fall Session: 9/14-10/26, 6weeks (No class 10/12)

Fee: Res: \$45.00 NR: \$55.00

Kids Cook**KC50****Grades: K-2****Kitchen**

In this class, you will learn how to make delicious treats such as pies, cookies, cupcakes and more. You then will be able to take home your tasty treats. Instructed by Mary Taggart.

**Tuesday, 3:30-4:30pm**

Fall Session: 9/13-11/15, 10 weeks

Fall Fee: Res: \$90.00 NR: \$100.00

Winter Session: 1/3-3/7, 8 weeks

(No Class 2/16, 3/1)

Winter Fee: Res: \$72.00 NR: \$82.00

Min/Max: 6/10

Kids Tennis Nights

KTN6
Ages: 7-12 years
Ivatts Tennis Court

Norwood Community Tennis Association presents this program in collaboration with the Norwood Recreation Department. Kids will have fun hitting balls, while learning a game they can play for a lifetime. Games and drills will be taught by experienced players teaching the basics; stance, grip, forehand and maybe even backhand. If you have a racquet, great! If not, we will have loaners available!

Tuesday, 6:00-7:30pm

Fall Session: 9/13-10/25, 6 weeks

Res: \$45.00 NR: \$55.00

Min/Max: 6/16

NEW Norwood Girl's Basketball Clinic

BB01
Grades: Entering 5-8
Civic Gym

Join Coach Lepley to improve your pre-season skills. Focus on drills including; dribbling, shooting, footwork and more!

Wednesdays, 3:30pm -4:30pm

Fall Session: 9/21-10/12, 4 weeks

Fee: Res: \$40.00 NR: \$50.00 Min/Max: 10/20

Norwood Basketball Clinic

BB02
Grades: Entering 9-12
Civic Gym

Join Coach Bell to improve your pre-season skills. Focus on drills including; dribbling, shooting, footwork and more!

Monday, 7:00-9:00pm

Fall Session: 9/19-11/14, 8 weeks (No class 10/10)

Fee: Res: \$80.00 NR: \$90.00 Min/Max: 10/20


NEW

Open Mat Wrestling

WR01
Grades 5-7
Connors Martial Art
Academy

Program will focus on the development of wrestlers and having fun while preparing for a successful season. Fundamentals and sportsmanship will be key goals while developing in this program. If you would like more information on this program, please contact Travis Farley—Class held at 180 Kerry Place, Norwood, MA.

Saturdays, 1:00pm-3:00pm

Fall: 9/17-11/12/16s

Fee: Res: \$50; NR: \$60.00

F.A.S.T. Athletics DODGEBALL!

FA01
Ages: 7-12 years
Civic
Gymnasium

The most intense and exciting program you have ever seen. The students will learn how to work together, strategize and exercise without even knowing it! There are tons of creative and competitive dodgeball games incorporated into this program – there will never be a dull moment! Gatorskin dodgeballs will be used, which are proven to be the safest out there! Safety rules and regulations will be enforced before each class.

Friday, 3:30-4:30pm

Fall Session: 9/16-10/14, 5 weeks

Winter Session: 1/13-2/10, 5 weeks

Fee: Res \$66.00 NR: \$76.00 Min/Max: 6/15

Karate

KT62
Ages: 5-14 years
Multi-Purpose Rm

Great introduction to developing confidence and coordination while learning self-defense skills from a fifth-degree black belt. Instructed by Learning Center for Martial Arts.

Wednesday, 4:00-4:45pm

Fall: 10 weeks , 9/14-11/16

Fall Fee: Res: \$75.00 NR: \$95.00

Winter Session: 8 weeks , 1/2-3/1

Winter Session Fee: Res: \$64.00 NR: \$74.00

Min/Max: 6/15

Floor Hockey League

Grades: K-5

Civic Gymnasium

Get involved in this Norwood Recreation Department/Civic Center tradition! Focus in on fun and everyone gets a chance to play! There is an eight team limit for each division, 24 teams in the league. Number of games per season is dependent upon number of teams that register.

CALL FOR COACHES:

Interested in leading a Floor Hockey team this season? All interested coaches should contact Howard Weinstein, hweinstein@norwoodma.gov, or by calling 781-762-0466.

Volunteer applications and CORI's must be completed for all interested coaches. All those interested, please contact Howard on or before September 18th.

SEASON: December 2016-March 2017

WHEN DO I PLAY?

Squirts: Grades K-1, Tuesday

Mites: Grades 2-3, Wednesday

Pee-Wee: Grades 4-5, Monday

TIME: Varies from 3:45-6:45pm

FEES:

Must show proof of residency and attend either Norwood Public Schools or St. Catherine's.

Before October 1st:

Res: \$45.00 NR: \$55.00

After October 1st:

Res: \$55.00 NR: \$65.00

Fee includes mouth guard, goggles and t-shirt.

EQUIPMENT:

All players are responsible for providing their own sticks (plastic blade- no composite sticks are permitted). Goalie equipment—mask, chest protector and leg pads must be provided by players or coaches.

FOR K-1 ONLY-REGISTRATION PROCESS:

All children will register using "Any Team". All children will be drafted at random by the registration system. Players of coaches will be placed with their team. If you are interested in coaching, please contact Howard Weinstein at hweinstein@norwoodma.gov.

GRADES 2-5 REGISTRATION:

1. Form a team, minimum of 12 players, max of 15 with a mix of boys and girls.
2. Coach registers team and creates team name.
3. Children on team register.

CHILDREN WITHOUT A TEAM:

It is our goal to include all children in floor hockey. Children without a team can register on or before October 1st. An autodraft will be performed to get those who wish to play on a team. Register under "ANY TEAM". We will make our best effort to place everyone. In order to ensure your child gets on a team, you must register by October 2nd.

PRACTICE TIME:

Teams will be given practice time the last week of November (before Thanksgiving) to go over rules, line changes and functions of the game. Referees will be on hand to help them learn the basics of the game. Additional practice times are not available through the Norwood Recreation Department.

NEW **Ju Jitsu** **JJ01**
Grades K-8 Connors Martial Art Academy

Program will focus on teaching the fundamentals of the Martial Art of Brazilian Jiu Jitsu. Fundamentals and sportsmanship will be key goals while developing in this program. We teach the values of a Growth Mindset, Hard Work, Focus, Continually Challenging Oneself, Healthy Lifestyle in Mind and Body, Contributing to the Community, and other important values. Uniform is included in price. Class held at 180 Kerry Place, Norwood, MA

Tuesdays & Thursdays, 4pm-4:45pm

Fall Session: 9/13-11/17/16

Fee: Res: \$120; NR: \$130.00

Cross Fit Kids

Ages: 5-12 years Cross Fit Florian

Offers two unique classes, Pup and Pack. For a more detailed description visit their website, <http://crossfitflorian.com/florian-kids/>. Class is held at Cross Fit Florian on Central Street.

Tuesday, 3:45-4:30pm

Pack: Ages 9-12 years old **CF02**

Wednesday, 3:45-4:30pm

Pups: Ages 5-8 **CF01**

Saturday, 11:00-11:45am

Mixed Ages: Ages 5-12 **CF03**

10 Class Card: \$90 (Must be used within 90 days)

NEW **Youth Wrestling** **wr02**
Grades K-8 Connors Martial Art Academy

Program will focus on teaching the fundamentals of wrestling and the developmental of wrestlers and having fun while preparing for a successful season. Fundamentals and sportsmanship will be key goals while developing in this program. If you would like more information on this program please contact Travis Farley at (781) 762-0466. Class held at 180 Kerry Place, Norwood, MA

Mondays & Wednesdays, 5pm-6pm

Fall Session: 9/14-11/16/16 (No class on Monday, October 10th)

Fee: Res: \$100 NR: \$110

NEW **Sewing for Baby** **AD02**
Ages 18+ Multi-

Purpose Room

There are so many cute things that you can sew for babies. This class will show participants how to sew several simple, gender neutral items, including: fancy burp cloths, fleece pants and hats, a simple cloth covered rattle, taggie blankets, a simple flannel blanket, and a basic baby quilt. Requirements: a sewing machine you can bring to class, basic sewing machine skills (thread your machine, wind a bobbin, fix thread tangles – I can recommend free online tutorials if you need help with this), sewing scissors, sewing pins, and an ability to print out free tutorial patterns. Participants will receive an email from the instructor before class regarding supplies that are needed.

Mondays, 6:30pm-8:30pm

Fall Session: 9/19-11/14/16

No class on 10/10/17

Fee: Res: \$80; NR \$90

NEW **Adult Design & Sew Your Own Tote**

AD01

Ages 18+ Multi-Purpose Room

This class will guide you in how to design, create a pattern, select fabric, and construct your own tote bag. Requirements: a sewing machine you can bring to class, basic sewing machine skills (thread your machine, wind a bobbin, fix thread tangles – I can recommend free online tutorials if you need help with this), sewing scissors, and sewing pins. (Additional materials to construct the bag: fabric, thread, interfacing, etc. will be purchased by students between classes.) Note: The sewing machine will not be needed at the 1st session. The fee includes material.

Wednesdays, 6:30pm-8:30pm

Winter Session: 1/11-2/15/17

Fee: Res: \$65.00; NR: \$75.00

WELCOME TO THE SCHOOL OF DANCE

Our school of dance is a 30-week program that culminates in a final performance on **May 13th**. Please note: **Saturday classes** do not begin until October 15th and are offered for 25 weeks.

We will offer TWO different ways to pay:

Upfront for entire school year :

Monday-Friday Classes: Res: \$235 NR: \$265 (30 weeks)

Saturday Classes: Res: \$200 NR: \$225 (25 weeks)

OR three payments per year (which must be done in person at the Norwood Recreation Department)

1. Fall (by September 12th): \$85.00

Saturday Fall classes: \$50.00

2. Winter (by Thanksgiving): \$75.00

3. Spring (by President's Day): \$75.00

**** Payments for the school year must be completed on or before February 13th. This year's dance fee includes a T-shirt. Students taking more than one class, will not have to pay the \$10 fee for another T-shirt.**

Notifications for additional fees such as costume fees and dance attire will be sent home with your child as they become available throughout the year.

If you would like to join mid-season, permission must be attained in writing through the School of Dance Coordinator, Ms. Paula.

Classes are not held on school vacation weeks and holidays. Notifications of changes will be sent out to you through the School of Dance office.

School of Dance weekday classes begin the week of September 12th and Saturday classes begin on October 15th.

Please follow the dress code listed per class you are enrolled.

DRESS CODE FOR PRE-SCHOOL: Plain black leotard (no attachments), pink, tan or black tights, pink CAPEZIO ballet shoes, black Baby Louie tap shoes & hair away from face tied up in bun.

Dance & Play

SD75

Ages: 3 years by August 31st

Boys & girls will have a fun introduction to developing their coordination and self-expression with music, instruments and dance movement.

MUST BE POTTY TRAINED.

Saturday, 10:00-10:45am (starts October 15th)

Fee: \$200, 25 weeks

Pre-School Ballet/Tap 1

SD45

Ages: 4 years by September 1st

A little ballet, a little tap and a little song and you're on your way to having lots of fun. Designed to develop coordination and rhythm and a love for ballet and tap. Calling all pre-school students who are 4 years by Sept 1st.

Friday, 3:15-4:00pm

Fee: \$235, 30weeks

Pre-School Ballet/Tap 2

SD05

Ages: 4 years by September 1st

A little ballet, a little tap and a little song and you're on your way to having lots of fun. Designed to develop coordination and rhythm and a love for ballet and tap. Calling all pre-school students who are 4 years by Sept 1st.

Saturday, 11:00-11:45am (starts October 15th)

Fee: \$200, 25 weeks



DRESS CODE FOR BALLET

Plain black leotard, pink tights, Capezio pink ballet shoes, and hair in a bun.

Beginner Ballet 1 & 2***SD01****Grades: K & 1**

Beginners learn an introductory course to the art form of ballet with lots of fun for all. Come tendu, plie and sous-sous with us.

Friday, 4:45pm –5:30pm**Saturday, 12:30-1:15pm**

Fee: Friday: \$235, 30 weeks

Saturday: \$200, 25 weeks (starts October 15th)

Advanced Beginner Ballet**Grades: 1 & 2**

This class offers ballet for the soon-to-be serious ballerina. Hear beautiful music and wear lovely costumes. New to dance or ballet, see Beginner Ballet.

Monday, 4:15pm-5:00pm, Grade 2**SD15****Wednesday, 4:15pm-5:00pm, Grade 1****SD16**

Fee: \$235, 30 weeks

Elementary Ballet**SD20****Grades: 3 & 4**

This classical ballet program will develop dance skills, grace and poise started in the primary levels. Learn beautiful posture and a chance to dream of being a lovely ballerina.

Tuesday, 5:00-5:45pm

Fee: \$235, 30 weeks

Intermediate Ballet**SD25****Grades: 4*-6**

Dancers will practice techniques of ballet with exercises at the barre and center floor: demonstrations of steps to classical accompaniment.

* Previous experience required.

Monday, 5:00-5:45pm

Fee: \$235, 30 weeks

Pre-Pointe Advanced Ballet**SD30****Grades: 6*-Adult**

Our class is for the advanced ballet dancer who dreams of dancing on pointe in the future. Classical instruction will be taught at the barre and center floor. Come dream with us. *Previous ballet experience required.

Monday, 5:45-6:45pm

Fee: \$235, 30 weeks

Pointe Ballet**SD130****Grades: 7-Adult**

Students will develop the strength and technique necessary to begin to dance en pointe. This class is open to students of the Advanced Ballet class ages 12 or older, with instructor approval.

Monday, 6:45-7:15pm

Fee: \$215, 30 weeks

Irish Step I & II**Grades: 4-Adult**

Calling all Irish lads and lassies to enjoy authentic Irish Step Dancing. *All students in Irish Step must have ballet training. Hard shoe dancers need two years experience of tap or Irish Step soft shoe. Half the class will be soft shoe and the second half will be hard shoe.

I. Thursdays, 5:00-5:45pm (Grades 3-5)**SD37****II. Thursdays, 5:45-6:45pm (Grade 5-12)****SD35**

Fee: \$235, 30 weeks

Hip Hop**SD41****Grades: 6*-Adult**

Hip Hop classes for the pop dancer to develop jazz and the popular hip hop technique. Come on and get on the dance floor. Capezio Hip Hop Shoes required. *Previous Jazz required.

Wednesday, 5:00-6:00pm (Grade 6-Adult)

Fee: \$235, 30 weeks

DRESS CODE FOR TAP

Plain black leotard (no attachments), tan or black tights, Capezio black tap shoes, and hair tied up.

Beginner Tap I & II

Grades: K & 1, 5 years by 8/31

Have lots of fun when you begin to tap. Students will learn to move their feet and get that tapping beat.

Black Capezio Baby Louie taps are required.

I. Friday, 4:00-4:45pm SD50

II. Saturday, 11:45am-12:30pm SD52

(Begins on October 15th)

Fee: Friday: \$235, 30 weeks

Saturday: \$200, 25 weeks

Advanced Beginner Tap 1 & 2

Grades: 1 & 2

Tap is so much fun and popular that we now have two groups. Come learn tap technique for the soon-to-be serious tap dancers. Also see beginner tap.

Grade 2 will wear Capezio Jazz Tap shoes.

Monday, 3:30-4:15pm (Grade 2) SD55

Wednesday, 3:30-4:15 (Grade 1) SD66

Fee: \$235, 30 weeks

Elementary Tap

SD60

Grades: 3 & 4

Let's shuffle, flap, stomp and toe heel with Capezio jazz taps. Tons of fun can happen while you improve your dancing.

Tuesday, 4:15-5:00pm

Fee: \$235, 30 weeks

Intermediate Tap

SD65

Grades: 4*-6

Tap is here to stay, so grab your Capezio tap shoes and come dance with us. Nine year olds need prior dance experience. *See Elementary Tap.

Thursday, 4:15-5:00pm

Fee: \$235, 30 weeks

Advanced Broadway Tap

SD70

Grades: 6-8

These classes are for the experienced tap dancer who enjoys advanced level choreography. Proper tap technique taught with Broadway, Hollywood, and Silver Screen tap dancers' influence. Capezio black high heel taps are required.

Tuesday, 5:45-6:45pm

Fee: \$235, 30 weeks

Advanced Broadway Jazz & Tap

SD71

Grades: 8*-Adults

Advanced jazz tap dancers will continue to showcase their talents with lots of heart and soul. Wear Capezio jazz taps.

* Previous advanced tap required.

Thursday, 6:45-7:45pm

Fee: \$235, 30 weeks

DRESS CODE FOR JAZZ

Capezio split sole black jazz shoes, black leotard, tan or black tights.

Reminder:**Payment Structure for 2016-17 School of Dance:**

Monday-Friday Classes:

Res: \$235 NR: \$255 (30 weeks)

Saturday Classes:

Res: \$200 NR: \$215 (25 weeks)

OR three payments per year (which must be done in person at the Norwood Recreation Department)

1. Fall (by September 9th): \$85.00

Saturday Fall classes: \$50.00

2. Winter (by Thanksgiving): \$75.00

3. Spring (by President's Day): \$75.00

**** Payments for the school year must be completed on or before February 12th.**

Modern Dance**SD70****Grades: 7-Adult**

Learn advanced modernistic concepts and the use of literary and pictorial expression influenced by modern American dancers such as Martha Graham and Isadora Duncan. No footwear needed.

Wednesday, 7:00-8:00pm (Grades 7-Adult)

Fee: \$235, 30 weeks

Jr. Jazz Hop**SD95****Grades: 3 & 4**

Kick, jump, turn, leap and have fun at half the age. Our very popular classes for junior jazz dancers will make you want to JUST DANCE! Ballet experience is required. See Elementary Ballet.

Tuesday, 3:30-4:15pm

Fee: \$235, 30 weeks

Intermediate Jazz Hop**SD96****Grades: 4 & 5**

Give yourself a chance, don't sit it out, come on and dance! This high-energy class with hit tunes and the latest dance steps. Ballet experience required. See Intermediate Ballet.

Thursday, 3:30-4:15pm

Fee: \$235, 30 weeks

Advanced Jazz Dance**SD110****Grades: 6-8**

Experienced dancers will improve their dance skills achieved in previous jazz levels. Dance experience preferred.

Tuesday, 6:45-7:45pm

Fee: \$235, 30 weeks

Contemporary Jazz Dance**SD210****Grades: 8-*Adult**

NEW! The NRD School of Dance "Studio 165" brings you contemporary jazz that combines ballet technique training with a hint of jazz training for the experienced dancer. This class illustrates the importance of expressing yourself as a story teller and how we can connect to everyone with our body language. Leotard, black capri pants or footless tights, and Capezio foot undeez(tan). Come dance with us!

*Previous advanced jazz required.

Tuesday, 7:45-8:45pm

Fee: \$235, 30 weeks

Lyrical**SD115****Grades: 6-Adult**

Lyrical dance is style of dance that infuses ballet, jazz, and contemporary dance techniques that mix together to give the dancer the technique of ballet, but the pace of jazz. Movements in Lyrical are characterized by fluidity and grace, with the dancer moving from one movement to another without stopping and hold poses for long time. The Lyrical dancer uses his or her body movements to express strong emotions and usually performs with lyrics in a song.

Wednesday, 6:00-7:00pm

Fee: \$235, 30 weeks

2016-17**School of Dance Dates****Block Rehearsal:**

Tuesday, May 9th

Dress Rehearsal :

Wednesday, May 10th

School of Dance Recital: Saturday, May 13th**Location:** All held at Norwood High School

Senior Circuit Training**Ages: 62+****Fitness Center**

Working with weights to maintain lean muscle mass as we grow older is crucial. Come learn basic fitness with a guided workout including Life Fitness circuit machines, free weights, and abdominal work.

Instructed by Joe Malinn.

Tuesday, 9:15-10:15am

Res: \$2.00 per visit

Personal Training**Ages: 16+****Fitness Center**

Let us help you attain your fitness goals. Joe Malinn can design a routine specifically for you to work towards the fitness goals you would like to achieve. Whether it is strength training, core conditioning, weight loss, or sports conditioning, let us help you get on a path for a healthier lifestyle. Session is one hour in length.

1 Session: \$30 5 Sessions: \$150 10 Sessions: \$300**Canvas & Coffee****Ages: Adult****AA50
Civic Art Room**

Come relax, take some time for yourself and enjoy drawing and painting while sipping on your coffee or tea. All people, of all abilities, welcome here! We'll try our hand at painting and drawing to bring out your creative spark or evolve the one you have! Basic materials included in fee. Bring yourself, your coffee, and a sketchbook!

Saturdays, 10:00am-1:00pm

Dates: 10/15-11/12/16

Fee: Res: \$120/ NR: \$130

**Beginner Meditation****Ages: 18+****BM50
Willett Room**

During meditation, your mind becomes quiet allowing your body to gain the deep rest necessary to dissolve stress and fatigue. Although meditation can be a way to experience inner silence, this comes about not only by eliminating thoughts, but by becoming aware and spending time in the silence that is naturally present in the mind along with the thoughts— sometimes called the gap between the thoughts. Meditation is recommended by almost every health professional because it provides a proven way to reduce stress and gives your mind and body a rest. Today, people are using meditation to treat anxiety, burnout, stress and depression. Instructed by Lorella LeSavage.

Wednesday, 5:00-5:30pm

Dates: 09/14-11/16, 8 weeks

Res: \$40.00 NR:\$50.00

Min/Max: 8/12

Pickleball**Ages: Adult****PB12
Gymnasium**

Join us for this great new program offering! A combination of tennis, badminton, ping pong and racquetball. One of the fastest growing sports in America! A few racquets and balls are available for new comers. Participants must help set up and break down at the end of each class. Program does not run during school vacation week or holidays.

Tuesdays, 9:30-11:30am (09/20-12/13)

Res: \$2.00 /visit or \$16.00/session

NR: \$3.00/visit or \$24.00/session

Knitting**Ages: Adult****Willett Room**

Whether you are a beginner or veteran, enjoy being with your friends while learning this old art form that is a favorite pastime. Instructed by Trudy Brown.

Tuesday, 10:00am-12:00pm

Fee: Res: \$2 per visit NR: \$4 per visit

FITPASS ONLY RATES:**Option 1: Pay as you go!**

1 class: \$10 per class

Option 2: 10 Class Pack, \$60

Only \$6 per class

Option 3: 20 Class Pass, \$85

Only \$4.25 per class

**Option 4: Senior Class Pack, \$40
(20 classes)**

This is for Seniors Only! Must be 62+ to register and provide a photo ID at time of purchase

Please see page 4 for FitPass/Membership Combo rates.

MIXED LEVEL YOGA**Willett Room**

Great for beginners! Wear loose, comfortable clothing. Bring your own mat. All abilities welcome.

Monday & Wednesday, 5:30pm**ZUMBA****Dance Room**

Zumba is the Latin-inspired, dance-fitness class that incorporates Latin and International music with easy-to-follow moves. It combines high energy and motivating music with unique moves and combinations that allow you to dance your worries away! No dance experience required to enjoy this fitness party!

Tuesday, 9:30am & Thursday, 7:45pm**INTERVAL TRAINING****Multipurpose Room**

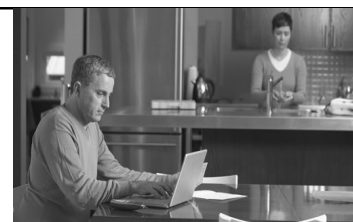
Insanity is a high intensity interval workout designed with modifications to fit everyone's athletic abilities. You will burn calories while toning and sculpting all your major muscle groups. No weights necessary. This insane workout makes you push your body to new levels to increase your endurance and strength in just 50 minutes.

Tuesday, 5:30pm**SPIN****Multipurpose Room**

Cardio workout on stationary bikes that will have you moving! Space is limited to 10 participants per class.

Wednesday, 5:30pm**CARDIO POWER****Multipurpose Room**

Explosive and high-energy class that features a variety of cardio/fat burning moves. Class will include interval training using hand weights, traditional aerobics with simple patterns, kickboxing, and mat exercises for an all-around fitness program!

Tuesdays & Thursday, 6:45pm**Online learning****anytime, anywhere....****Just one click away**

Ed2Go offers hundreds of engaging online courses for adults covering everything from A-Z Grant writing to Web Design. Each Ed2Go course comes equipped with a patient and caring instructor, lively discussions with your fellow students, and plenty of practical information that you can put to use. For more information visit www.ed2go.com/norwood.

Choose from classes in [Accounting and Finance](#), [Business](#), [Computer Applications](#), [Design and Composition](#), [Health and Medical](#), [Language and Arts](#), [Law and Legal](#), [Personal Development](#), [Teaching and Education](#), [Technology](#), [Writing and Publishing](#). Classes start at \$95.

NORWOOD POLICE

137 Nahatan Street
Norwood, MA 02062

Emergency- 911

Business number 781-440-5100

Want to know what is going on at NPD? Visit our website at <http://www.norwoodma.gov/police> OR

Like us on Facebook (www.facebook.com/norwoodpolice) and follow us on Twitter (www.twitter.com/norwoodpolice) to receive all the latest updates from within the department.

Anonymous Tip Line (781)-440-5181

The Norwood Police Department maintains a telephone line which allows callers to leave an anonymous tip. This is a voice mail system and is not monitored 24/7. Please do not use this tip line to report activity or crimes needing immediate attention. These calls are not identifiable. If you would like to be contacted, be sure to leave your name and telephone number. You can also report information by email at reportatip@norwoodma.gov.

Medication Drop-off

Norwood Police Department maintains a medication drop-off box in the main lobby of the Public Safety Building. You may dispose of all your expired and unwanted medications at any time. We accept prescriptions, over the counter medications, vitamins, lotions, liquids in leak proof containers and ointments. Items **not accepted** are new or used needles, thermometers, hydrogen peroxide, aerosol cans, inhalers, and any bio-hazard waste such as bloody or infectious materials.

See Something Say Something

To keep our community safe, if you see something suspicious call the Police Department as soon as possible. Many times your calls for a suspicious person or activity lead to criminal activity. Let the Police investigate your suspicions, we need your calls.

Discarded needles

If you observe any discarded needles or drug paraphernalia call the Police Department. We will dispose of this debris properly.

The Norwood Police Department is now a part of **DOVE's (Domestic Violence Ended) Civilian Domestic Violence Advocacy Program**. Maureen Flores is the Advocate assigned to our Department. She will be at the Department on a weekly basis to reach out to and assist any victims involved in domestic incidents. All services provided through Maureen are confidential. She can be reached anytime at [617-653-4226](tel:617-653-4226)

NORWOOD FIRE DEPARTMENT

135 Nahatan Street Norwood, MA 02062

Emergency – 911

Contact Numbers

Emergency 781-762-1313

Business 781-762-0080

Fire Prevention 781-440-5211

Website <http://www.norwoodma.gov>

Burning Season – Burning season begins on January 15th through May 1st. Please come down to the fire department to get your 2017 Burning Permit. The permit is free! Instructions for burning will be provided with the permit.

Fire Prevention Services - Duties and responsibilities include the enforcement of Massachusetts General Law Chapter 148 Fire Laws and 527 CMR Massachusetts Fire Regulations. The Fire Prevention Bureau performs inspections of Public Schools, Hotels, Nursing Homes, Boarding Houses, Public Buildings, and Elderly Housing Complexes. The Fire Prevention Bureau also is responsible for the permitting of the installation of Oil Burners, Sprinkler Systems, Fire Alarms, Welding Operations, Firework Displays and Aboveground/Underground Fuel Storage, and Smoke Detector inspections for homes being sold.

Fire Education Services – Provides age specific fire education programs and function specific public education programs for public and private groups. Programs are based on the current N.F.P.A. Fire Education Curriculum. All groups are welcome and materials will be provided. Contact Fire Educator/FF Paul Ronco.

Ring Cutting – Free service provided to the public if a ring/ jewelry is stuck on a finger and cannot be removed.

Car & House Lock Out – Locked car access provided to the public if car keys are locked in a vehicle **and** the car engine is running. Also, access to residential homes if locked out.

Reminders-Don't forget to change your clocks and change your batteries. Don't forget kitchen safety– never leave food unattended on the stove. Always practice your fire escape plan at home– have a meeting spot outside! Never use fireworks- leave it to the professionals!

DEPARTMENT OF PUBLIC WORKS

Curbside Trash & Recycling Pick Up– The Town of Norwood provides weekly pick-up of residential trash and bi-weekly pick-up of residential recycling. All waste should be placed in the provided carts to allow for automated collection. Carts should be placed curbside by 7:00am on your normal trash day and must be free from obstructions. Each ton of trash that is diverted to the recycling stream saves taxpayers \$42.00. Please recycle!

Winter Street Compost Facility– The facility is open to residents every Saturday, year-round from 10:00am-3:30pm. Residents can dispose of yard waste, leaves, brush, textiles, books and bulk items (see below). There is also compost available to residents on a seasonal basis. Residents must have a yellow resident sticker on their vehicle in order to gain access to site. Stickers can be obtained at the local DPW office (no charge) Monday through Friday between the hours of 7:00am-3:00pm. Your vehicle registration showing proof of residency is required to obtain the permit. Hazardous Waste Day will be held at the Winter Street facility on May 7, 2016 and is coordinated by the Health Department. Please see their website for more information.

Bulk Item Disposal– Items too large to fit in a trash cart are considered 'bulk items'. Residents may bring these items to the Winter Street facility for no charge, or they can be picked up curbside for a fee. Items such as mattresses, couches, bureaus and bicycles would be considered 'bulky' items. Trash bags or boxes filled with materials would not be considered 'bulky' and are not eligible for either curbside pickup or disposal at the Winter Street facility. More information concerning the policy and a more extensive list of items and disposal options can be found at www.norwoodma.gov by selecting Documents>Public Works>Bulk Item Disposal Options. We encourage residents to take advantage of furniture/appliance companies who offer free disposal of mattresses, box springs and appliances. Also, when hiring a contractor to perform work at your home, ensure that he/she is responsible for the removal and disposal of any construction debris (windows, doors, carpeting, fencing).

Leaf and Brush Disposal– Leaf and brush pick-up is provided weekly on your regularly scheduled trash day from April through November. Residents may also dispose of these materials at the Winter Street facility every Saturday, year-round, between the hours of 10:00am-3:30pm. Please use paper leaf bags, which are readily available at most hardware stores, for disposal.



bringing the best farmers/vendors that New England has to offer, in order to bring the community a diverse selection of goods. The farmers market also includes face painting, crafts, and music so bring the whole family (activities & music vary every week)

When: Every Tuesday

Time: 12pm to 5:30pm

Location: Norwood Common

Ends on Tuesday, October 4th

KEEP AN EYE OUT FOR OUR
SPRING/SUMMER PROGRAM
GUIDE COMING IN FEBRUARY!



September 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
	Labor Day				Norwood Day	Norwood
11	12	13	14	15	16	17
	Fall Sessions Begin					
	School of Dance					
18	19	20	21	22	23	24
	Lego Workshop	Babysitting				
	Minecraft	Home Alone				
25	26	27	28	29	30	
	Dory Party					

October 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	Lego Workshop					
	Star Wars					
	Blood Pres- sure Clinic					
9	10	11	12	13	14	15
	Columbus Day					
	Civic Close					
16	17	18	19	20	21	22
				Monster Cupcake Decoration	Halloween Spooktacular	
23	24	25	26	27	28	29
	Hazardous Waste Pickup			Pumpkinfest	Middle School Dance	Trunk or Treat
30	31					

November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Blood Pres- sure Clinic	8 ABC's of College Admissions	9	10 Pre-Engineering Legos	11 Veterans Day Civic Closed	12
13	14	15	16	17	18 Parents Night Out Babysitting Home Alone Safety	19
20	21	22 Gobble Gobble Yum Yum	23	24 Thanksgiving	25	26
27 Holiday Extravaganza	28	29	30			

December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Luminary Night
4	5 Blood Pressure Clinic	6 Holiday Cookie Decorating	7	8	9 Parents Night Out	10
11	12	13	14	15 Gingerbread House Decorating	16 Middle School Dance	17
18	19	20	21	22 Christmas Orna- ment Workshop	23	24 Christmas Eve Civic Closed
25	26 Behn Basketball Clinic	27	28 Fleece Throw Workshop	29	30	31 New Years Eve Civic Closed

January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12 Pre-Engineering Legos	13	14
15	16 Martin Luther King Day—Civic Closed	17	18	19	20	21
22	23	24	25	26	27 Parents Night Out	28
29	30	31				

February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Middle School Dance	4
5	6 Blood Pressure Clinic	7	8	9	10 Daddy Daughter Dance	11
12	13 Pretty in Pink	14	15 Fleece Throw Workshop	16	17	18
19	20 Presidents Day Civic Closed	21 Candy Workshop F.A.S.T. Vacation Spots Clinic	22 F.A.S.T. Vacation Spots Clinic	23 Lasertag F.A.S.T. Vacation Spots Clinic	24	25
26	27	28 Home Buying Seminar				

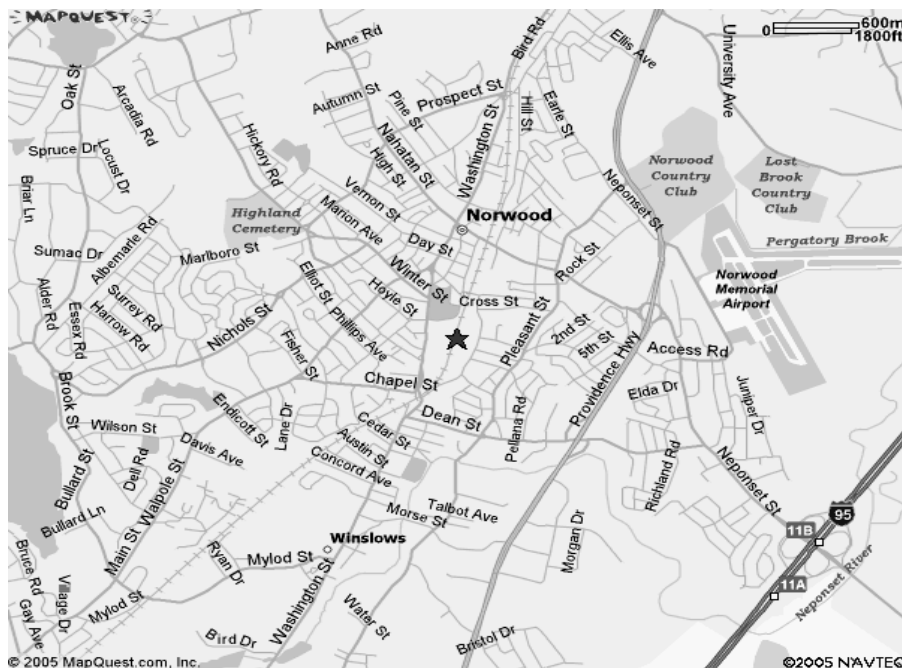
Norwood is experiencing an overwhelming number of requests for field space for many youth and adult sports, with many parks seeing an increase in the number of people, cars, and trash. In order to keep our children and parks safe, we ask that everyone visiting a Norwood park or field follow these guidelines:

- **Pick up trash and dispose of properly.** Trash attracts bees and wild animals.
- **Trash is picked up regularly.** If barrels are full, please remove your trash from the site. Some school sites do not have barrels due to the number of allergies to bees.
- **Report any unsafe field conditions** immediately to a league supervisor or the Recreation Department.
- **Park in designated areas.** If parking on the street is necessary, park in a manner that will allow emergency vehicles to access the fields and neighboring homes. *Parking in crosswalks and in front of fire hydrants is illegal and unsafe.* Be considerate of the neighbors, leaving enough room for access to driveways and do not park on their lawns.

RESERVING AN ATHLETIC FIELD

All groups requesting to use an athletic field must come down to the Civic Center and fill out a Field Request Form. Any questions, please contact Howard Weinstein at 781-762-0466 or email hweinstein@norwoodma.gov.

DOG ORDINANCE: In order to keep our parks clean and enjoyable for all, please remember if you are a dog owner, please keep your dog on a leash and clean up after your pet. Please check park for specific postings.



1. Father Mac's 295 Vernon Street Pool, Soccer Field, Little League Baseball, Playground	3. Ellis Corner Codman/ Cameron St. Baseball Field Playground Softball Soccer	5. Coakley Middle 1315 Washington St Softball Field Rectangular Field Babe Ruth Baseball Tennis Courts	7. Callahan 90 Garfield St Rectangle Field Tot Lot	9. Cleveland 33 George Willett Pkwy Little League Baseball/softball Playground	11. Savage Cntr Prospect St. Basketball Cts	13. Balch 1168 Washington Tot Lot Playground Basketball Courts Baseball Softball
2. Oldham Field 165 Prospect St Little League Baseball Rectangular Field Playground	4. Bond Street Bond Street Tot Lot	6. Wilson Street Babe Ruth Baseball Playground	8. Murphy Field Little League Baseball Field Playground	10. Doherty Brewster Road Little League Field Playground	12. Prescott 66 Richmond Rd Baseball/Softball Playground	14. Hawes Area 1305 Washington Pool/Spray Park Playground Tennis Courts Fishing Pond 15. Willett Westover Parkway Baseball

COMMUNITY RESOURCES

The following sports groups and organizations are unaffiliated with the Town of Norwood Recreation Department.

Abundant Table, Inc. www.abundant-table.org aislynn@abundant-table.org Aislynn Rodeghiero	American Legion Baseball (Ages 15-18) www.norwoodlegionbaseball.com Paul Samargedilis Steve Begley 781-696-5075 or 781-492-2446	Babe Ruth (Ages 13-15) www.norwoodbaberuth.com Senior Babe Ruth (Ages 16-19) georgebrl@norwoodlight.com George Lally: 781-762-1121
Boy Scouts (boys grades 6-12) www.scouting.org 781-828-8360 Cub Scouts (boys grades K-5) Cubmaster@pack42.org	Chamber of Commerce cristoff@nvcc.com or www.cristoff@nvcc.com Cristoff Shay: 781-769-1126	Circle of Hope www.norwoodcoh.org Lee Kennedy: 781-762-3549
Colonial Boys Corps. jgrotwo@hotmail.com Jim Grover: 781-760-8734	Food Pantry norwoodpantry@gmail.com www.norwoodpantry.org Nancy Maier and Claudia Mackey	Girl Scouts norwoodgirlscouts@gmail.com Lisa Silletti: 781-762-6582
Historical Committee historicalcommission@norwoodma.gov	League of Women's Voters www.lwvma.org Carol Boisen: 781-769-1839 lwvnorwoodma@gmail.com	Lion's Club www.norwoodmalions.com apfaelzer@aol.com Arthur Pfaelzer
Lacrosse-Boys (Ages 6-16) www.norwoodlacrosse.org Dan Carroll: 781-769-3507	Lacrosse-Girls (Ages 6-16) lwalshdesh@gmail.com Owen Desharinis	Little League (Ages 5-12) info@norwoodll.com Mike Kelley: 508-498-4150
Meals on Wheels HESSCO Elder Services Ellis Rehab Silvio Carreiro 781-784-4944 or 781-769-9061	Mom's Club of Norwood momsclubofnorwood@yahoo.com Katie Button	Norwood Basketball Association (Ages 6-16) norwoodbball@aol.com or www.norwoodbasketball.com Greg Giambanco
Norwood Alumni Association & Norwood Day Committee gmiller@norwoodma.gov Gerry Miller: 781-762-0466	Norwood Jr. Women's Club norwoodJWC@gmail.com www.norwoodJWC.org Angela Popalo: 617-827-2771	Norwood Scholarship Foundation norwoodscholarshipfoundation@gmail.com
Norwood Youth Football & Cheer (Ages 8-15) norwoodyouthfootballcheer.org Cheer: Jenn Rowan or Sarah Quinn Kevin Spellman: 781-769-3093	Norwood Youth Hockey (Ages 4-18) www.norwoodnuggets.org Bill Naumann: 781-762-1696	Norwood Youth Soccer (Ages 4-18) www.norwoodsoccer.com John Irwin
Retired Men's Club Tom Tobin: 781-769-2442	Rotary Club www.norwoodrotary.org Peter Strano: 781-769-3030	Norwood Community Tennis Association norwoodtennis@gmail.com Kathy Keady
SNARC www.sncarc.org Daniel Burke: 781-762-4001 dburke@arcsouthnorfolk.org	Stingrays Swim Team www.norwoodstingrays.com norwoodstingrays@gmail.com Jimmy Locke	Women's Community Committee www.norwoodthriftshop.com 781-762-2991

NORWOOD RECREATION DEPARTMENT



Norwood Recreation Department Program Guide
and Community Calendar is made possible by
Sponsorship from: Norwood Bank, Lustra Cleaners,
Norwood Police Association, Dedham Savings &
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